

TOBACCO FREE TIMES

What's Up With The Flavors?

Maybe berry, apple and peach are your favorite yogurt or candy flavors ... but did you know that they're also chewing tobacco flavors?

Say What?!

Chewing tobacco companies make chewing tobacco in a lot of different flavors – flavors that aren't usually thought of with tobacco.

The question to ask is, who are they targeting with the flavors?

People who use tobacco often have a favorite brand and usually don't try something new or different.

Don't be tempted by the flavors. Drink some juice, eat a piece of fruit, or chew a piece of sugarless gum instead. All are healthier for you ... and tastier, too!

Things to Do Instead of Trying Flavored Tobacco

Code Breaker! Each letter has a corresponding number. Figure out which letter belongs with which number to answer the puzzle.

A	B	C	D	E	F	G	H	I	J	K	L	M
10				25				16				
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	6						19					

$\frac{14}{1} \frac{4}{16} \frac{16}{25} \frac{17}{13} \frac{5}{25}$
 $\frac{2}{6} \frac{20}{3} \frac{25}{4}$
 $\frac{23}{19} \frac{16}{16} \frac{13}{8}$
 $\frac{25}{6} \frac{10}{4} \frac{8}{25}$
 $\frac{10}{10}$
 $\frac{1}{16} \frac{25}{13} \frac{25}{25}$
 $\frac{6}{6} \frac{3}{3} \frac{19}{16}$
 $\frac{8}{6} \frac{4}{4} \frac{13}{24}$
 $\frac{25}{25} \frac{7}{7}$
 $\frac{10}{10}$
 $\frac{1}{16} \frac{25}{13} \frac{25}{25}$
 $\frac{6}{6} \frac{3}{3}$
 $\frac{15}{15} \frac{19}{19} \frac{20}{20}$

Consider This

At some point, you've probably gotten a handout at school that's talked about the dangers of tobacco.

Maybe you brought it home and shared it with your parents. Maybe it ended up in the bottom of your backpack and you didn't find it again until you were looking for a missing assignment ... and **then** you talked to your parents about it.

We're just hoping you had the talk for a lot of reasons ...

We know for a fact that nearly 90% of adult smokers began at or before age 18.

That means if you don't start smoking by the time you're 18 ... the chances are much better that you'll never smoke. And, that's good ... because an estimated 36,000 Nebraska kids now under 18 will ultimately die too early from smoking.

So, take a look through these articles and activities. There's a lot of info about tobacco and how it affects you and others. Learn a little (maybe even a lot!) and have some fun!

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Not All Tobacco Smokes!

Cigarettes and cigars aren't the only types of tobacco. Smokeless tobacco – sometimes called “dip” or “chew” or “snus” – is put in the mouth. Users suck on the tobacco until it's time to spit out the juices or packet. Sometimes users even swallow the juices ... yuck!!

Here are some of the bad things that smokeless tobacco can do:

- Smokeless tobacco use may cause mouth cancer.
- Sugar in the tobacco can cause decay to exposed tooth roots.
- Smokeless tobacco may cause gums to pull away from teeth in the place where the tobacco is held. The gums don't grow back.
- Leathery white patches and red sores are common in smokeless tobacco users and can turn into cancer.

And it's gross!

- The smell of smokeless tobacco in the mouth is disgusting! Users may not notice it, but others sure do.
- Many chewers or dippers have tobacco stains on their clothes or furniture caused by tobacco spit and drool.
- Smokeless tobacco stains teeth, and brushing doesn't help.



There are a lot of myths about chewing tobacco, too.

Myth: Chewing tobacco is a harmless alternative to smoking.

Truth: Chewing tobacco is still tobacco. It contains nitrosamines, cancer-causing chemicals from the curing process.

Myth: Dip or chew improves my athletic performance.

Truth: A study of professional baseball players found no connection between chewing tobacco and player performance. Using smokeless tobacco increases your heart rate and blood pressure within a few minutes, which places extra stress on your heart. This may actually reduce your overall performance.

Myth: Taking care of my gums can offset the harmful effects of using dip or chew.

Truth: There's no proof that brushing and flossing will undo the harm that smokeless tobacco does to your teeth and gums.

Myth: It's easy to quit using smokeless tobacco when I want to.

Truth: Nicotine, the addictive substance in tobacco, is also found in chew. Nicotine addiction makes quitting difficult.

Source: "Spit Tobacco, A Guide for Quitting," National Institutes of Health (NIH) Publication No. 06-3270

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Smoking Isn't Pretty

Smoking doesn't just affect a person's health; it also affects how they look! Here are some smoking effects that aren't so pretty!

Bad Breath

Smoking causes bad breath and makes smokers' homes and clothes stink; and, perhaps fortunately for smokers, it also reduces their sense of smell.

Tooth Loss

Beyond tobacco-stained teeth, smokers are also more likely to suffer from gum disease, including tooth loss.

Yellow Teeth and Skin

Nicotine, the substance in tobacco that makes it addictive, can also turn teeth and skin yellow. Yuck!

Wrinkles and Gray Hair

Most people have heard about "smoker's wrinkles" or more "crow's feet" (small lines) around smokers' eyes, but few realize that smoking can also cause your hair to turn gray sooner or even make you lose your hair!

Find Your Way to Looking Better!



FINISH



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Smoking In The Movies

A lot of us like the movies. They're fun. They make us happy, or they can make us sad. We can go with our families or our friends. We eat some popcorn – maybe some candy – and just enjoy the show.

They can also make people start smoking.

Whoa! What do you mean by that?!

Many movie characters smoke. Unfortunately, some people think that when they see their favorite actor smoke, it's cool. And it makes them want to try smoking, too.

Movies account for more than half (52%) of new young smokers. Every day, more than 1,000 young people light up their first cigarette because of the movies – and over 300 of them will die early as a result.

In real life, more people **don't** smoke than do ... so the next time you see a movie and you see your favorite actor or character light up, remember ... it's just a show and it's not real life!

Source: <http://www.smokefreemovies.ucsf.edu>

Movie Did You Know...

Fill in the missing vowels to discover this little known fact about the connection between watching movies and starting to smoke.

M		V			S			C	C			N	T
F		R		M		R			T	H		N	
H		L	F			F		N		W			
Y			N	G		S	M		K		R	S	.

Tobacco And Sports

- Don't get trapped. Nicotine in cigarettes, cigars, and spit tobacco is addictive.
- Nicotine narrows your blood vessels and puts added strain on your heart.
- Smoking can hurt lungs and reduce oxygen available for muscles used during sports.
- Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers.
- Smokers run slower and can't run as far, affecting overall athletic performance.
- Cigars and spit tobacco are NOT safe alternatives.

Source: http://www.cdc.gov/tobacco/youth/information_sheet/



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Smoking And Pets

Do you have a pet? A cat or a dog that snuggles up to you when you're feeling low and keeps you warm when it's cold outside?

Did you know that secondhand smoke isn't good for pets either?

It's True!

- Dogs and cats exposed to secondhand smoke in the home are more likely to develop cancer.
- They can develop breathing problems or allergic reactions.
- Cigarette butts and nicotine replacement gums and patches can also be deadly. Two butts – if eaten by a puppy – can cause death in a relatively short period of time.
- Pet birds are also affected by secondhand smoke. They can develop eye, skin and breathing problems.

The Answer?

- Protect your pets from secondhand smoke by not allowing smoking in your home!
- Don't allow others to smoke around your pets.
- Don't leave cigarette butts for pets to find and accidentally eat.

Sources: <http://www.tobaccofreeutah.org/smokingpets.htm> & <http://www.breathenh.org/Document.Doc?id=29>



Just Say "No!"

Saying "no" to tobacco can be easier than you think. Here are some ways you can say "no."

Can you think of others as well?

- | | |
|--|---|
| 1. No, thank you. | 11. I like fresh air. |
| 2. I don't want to start. | 12. I need my lungs for singing. |
| 3. The smoke hurts my eyes. | 13. I need my lungs for playing sports. |
| 4. I'd rather spend my money on something else. | 14. I can't breathe around smoke. |
| 5. None of my friends do. | 15. I'd rather ride my bike. |
| 6. Just because my friends do, doesn't mean I have to. | 16. I'd rather sleep. |
| 7. It stinks. | 17. I like being healthy. |
| 8. I don't like smoke. | 18. I hate coughing! |
| 9. My friends don't like smoke. | 19. I don't want to get hooked. |
| 10. Smoke makes my little brother (or sister) cough. | 20. I don't want to. |

List some other ways you can say "no" to tobacco:

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Be On The Lookout!

Nebraska has been smoke-free since 2009 ... which means that most of us are protected from dangerous secondhand smoke when we're in public places.

As more and more states become smoke-free though, tobacco companies are looking for new ways to keep people hooked on tobacco.

In the past few years, tobacco companies have developed and sold:

- Snus
- Dissolvable tobacco
- Smokeless tobacco sticks
- E-cigarettes

Nebraska is one of 30+ states that doesn't allow smoking in workplaces, restaurants and bars.

Tobacco companies will even say in their ads that you can use these new products where smoking is no longer allowed – like on airplanes!

While these new products may not “smoke,” they are still made with tobacco.

Tobacco contains nicotine, and nicotine is what makes tobacco so addictive. The more addictive something is, the harder it is to quit using it.

So remember, tobacco is tobacco whether it smokes or doesn't. The best thing is to not start using tobacco of any kind ... no matter its size, shape, color or flavor.

A Tobacco Wordsearch

CANCER
CHEMICALS
CHEW
CIGARETTES
COUGH
NICOTINE
QUIT
SMOKE
SMOKING
SNUS
SPIT
TAR
TOBACCO
WHEEZE

Q	E	C	T	B	Q	L	J	S	C	B	K	W	H	W
K	F	I	P	H	K	M	M	I	I	Y	K	Y	P	D
W	P	R	M	Q	B	O	G	Z	Y	J	Y	N	F	I
S	X	F	L	Z	K	A	F	V	K	T	E	O	S	R
C	A	N	C	E	R	S	L	A	C	I	M	E	H	C
B	V	Z	Q	E	C	O	P	Q	O	I	J	S	O	K
D	R	Y	T	V	C	O	V	I	U	D	L	U	Z	U
E	D	T	E	C	W	T	A	R	G	O	G	N	I	C
C	E	V	A	N	L	H	T	K	H	O	N	S	O	B
S	I	B	Q	A	I	S	E	I	K	O	I	E	W	H
C	O	D	O	W	N	T	T	E	U	K	K	N	K	U
T	N	T	A	X	D	B	O	X	Z	Q	O	H	D	V
L	G	Y	Y	B	D	Q	B	C	H	E	M	R	K	T
O	I	E	F	T	B	N	A	F	I	E	S	R	I	F
Q	W	E	H	C	C	X	G	M	Z	N	E	X	N	G

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Smoking In The Home

Ashley just got home from band practice after school, and she's beat. Today she had a math test and a book report due ... and they had to run the pacer in gym! All she wants to do is relax for a few minutes and read a few pages of her favorite book. But her Aunt Susan is over, and she's smoking a cigarette! The smoke really bothers Ashley ... it makes her nose stuffy, her throat scratchy, and she has a tough time breathing! Where can Ashley go in the house to escape the smoke?

If you said "nowhere," you are right!

The smell from smoked tobacco can linger in the air for a long time. Even if the smoke isn't currently in the air, it can soak into clothing and/or furniture and be irritating.

Turning on fans and opening windows – even going into another room – won't let you escape the harmful effects of breathing in secondhand smoke.

The only thing that will help is leaving the house ... or not allowing people to smoke in your home!

Source: U.S. Environmental Protection Agency

In the Know About Tobacco

Across

2. This makes tobacco so addictive.
4. You can't do this as well when you use tobacco.
6. Watching these can make people start smoking.
8. What do you breathe in when you're around someone who is smoking?
9. This tobacco comes in a pack.
10. What color can your teeth and skin turn from nicotine?

Down

1. What's the best thing to do if you use tobacco?
3. What kills more people than drugs, car crashes and AIDS combined?
5. Nebraska has been this since 2009.
7. This tobacco comes in a round tin.
9. What can people get if they use tobacco?

